THE Lions' Pride
OF SAINT LEO UNIVERSITY

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Distinguished speaker leaves huge impact to students on human trafficking issue

BY JESSICA PALL & MELINDA PIERCE
Lions' Pride Sports Editors

Imagine a 13-year-old girl from Guatemala who is taken from her home and brought to the United States on a horrible journey; she is raped multiple times and treated like an animal, only to be given to her captor who forces her to cook for his landscape company, watch his children, and be subjugated as his sex slave for many years.

On September 16, this story was told to an assembly of more than 100 Saint Leo students, faculty, and public by Nola Theiss, one of Florida's leading authorities on human trafficking crime and founder and executive director of the local Human Awareness Partnerships Inc (HTAP). Holding a master's in Public Administration and also the former mayor of Sanibel, Florida, Theiss was the first speaker of Saint Leo's Distinguished Speaker Series focusing for the 2009-2010 school year. Having spoken to over 7,000 people in three countries about human trafficking, Theiss made a lasting imprint on everyone who sat in that room learning about the realities of human trafficking in today's society.

Beginning her lecture by stating, "You don't know what you don't know until you know it," Theiss told the audience that human trafficking is both a global and local issue that can affect everyone. Illustrating her point with a story about how she never saw huge bell towers in her community until they were pointed out, she explains that the more one is aware of human trafficking, the more victims can be discovered and rescued. "If I didn't see the bell towers, how could I see a girl locked in her house?" To encourage awareness, Theiss gave listeners homework. For three days, they were supposed to tell three people about this real issue in order to bring awareness to the community.

Nola Theiss speaks to the crowded boardrooms in the SCC.
Photograph by Jo-Ann Johnson

Most people believe that modern day slavery, or human trafficking, is not occurring in their local communities, but the reality is that human trafficking is found almost everywhere. Specifically, there are three types of human trafficking: commercial sex, forced labor agriculture, and domestic servitude. Further, if one lives near motels, restaurants, nail salons, airports, transient housing, or major interstate highways, then human trafficking may be present because of opportunities for abduction, concealment, and work.

Saint Leo Junior Emily Zambito commented on how she did not realize that victims of human trafficking are everywhere.

"People assume human trafficking is a hidden issue but it turns out that it is right beneath us," she stated.

Recently, a neighorhood in Treasure Island discovered it.

At least four women in their mid 20s found themselves captive of Kenyatta Cornelous, Edward Jones, and Corinna Shaffer of Treasure Island last May. Detective Jeremy Lewis stated, "The girls were forced to recruit and to endure

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Nola Theiss
Photograph by Jo-Ann Johnson

National Disability Employment Awareness Month

BY COLLIN R. GOOD
Lions' Pride Assistant Editor

October is National Disability Employment Awareness Month, bringing attention to all forms of disability.

Originating in 1945, when Congress passed Public Law 176, which declared the first week of October as "National Employ the Physically Handicapped Week", changed in 1962, and again in 1997 to become National Disability Employment Awareness Month.

The intended purpose of the month is to recognize the value of America's workforce. Many employers have, in recent years, become equal opportunity employers, opening the doors to success to everyone, including those who had previously been denied positions due to a myriad of disabilities. Since the enactment of Disability Employment Awareness Month, much attention has been given to not only the awareness of America's workforce, but to the disabilities that millions of Americans struggle with and overcome each day.

The theme of this year's National Disability Employment Awareness Month is designed to capture the vital role that expectations play in our successes as individuals as well as a society.

July of 2009 found that the percentage of people working in the American workforce with a disability to be 23%, compared to 71.8% of the workforce working without a claimed disability, reports Thomas C. Weiss of Disabled-World.com.

The Americans with Disabilities Act, passed in 1990, guarantees equal opportunity for people with disabilities in public accommodations, employment, transportation, state and local government services, and telecommunications. More information can be found online at www.disability.gov, a government website sponsored by the Department of Labor.

Here at Saint Leo, the University adheres to a policy of equal opportunity employment as well in conjunction with the Office of Disability Services. Their mission, found on the University's website, is to assist those with disabilities in achieving access to higher education and to promote their ongoing personal and educational success, as well as increase the awareness and responsiveness of the campus community to students with disabilities.

New students may request aid from the Office of Disability Services, but must do so in person and complete the documentation process. Returning students do not need to schedule an appointment, but may simply email their schedules to Dr. Joanne MacEachran at joanne.macechran@saintleo.edu. Students requesting books on tape, special seating, use of equipment, captioning, and interpreters must do so one semester prior to need.

More information may be found on Saint Leo University's website, where students can find access to Policy and Procedure Manuals, a list and description of the services provided by the University, and the Office's frequently asked questions.

Opinions

Obama's Education Speech: The good, the bad, the inspirational

BY CHERALYN BARRINGTON
Lions' Pride Staff Writer

President Obama's education speech, which was meant to be inspiring, was misconstrued by many.

The speech, which was given on September 9 in Arlington, Virginia's Wakefield High School, was broadcast in all types of educational institutions across America. The school setting was the foundation behind the speech's controversial effect, because parents feared that their children were being wrongly influenced by our President. Angry parents called schools all over the nation requesting that their children not watch the speech; others stopped their children from attending school entirely.

As he delivered the speech, Obama was personable and offered information about his life and hardships he had to overcome in order to make it to where he is today. He went on to speak about others that would appear to be underprivileged, such as people who come from poor neighborhoods, and a boy fighting brain cancer. He told their stories of success and perseverance, which served as examples of how being driven and hard-working can pay off.

The speech was sprinkled with inspiring stories throughout, and Obama made a point to tell his audience how powerful our minds can be. He found common ground with his audience in showing he understands that life throws us challenges that are difficult to overcome. He makes it clear, however, that these hardships can be endured and surpassed as though they were never there to begin with. He used the example that America always presses on even after it has gone through difficult times in the past, such as The Great Depression.

Many people have questioned Obama's intentions and feel that he should not have a say in what their children do. Within his speech, Obama did not do anything except make suggestions to point our future in the right direction. Obama suggested that children try their best in school and strive to reach their full potential. He tells the children that to become a professional in the working world, most people must go to college. It is good for children to keep this fact in mind, because having a goal to focus on and work towards can be very beneficial. If children satisfy their potential in school, and they have the grades to show for it, then their options will be left open should they choose post-secondary education.

If Obama was lying to the youth population of America, then controversy would have just cause. He is not misleading, but instead, doing the exact opposite by encouraging and inspiring people to excel. This is one of the best messages the President could be sending out. Most parents already encourage their children to be the best they can be, so the uproar from upset parents just does not seem to make sense. If this message is indeed a positive one that many parents already teach their children, then what's the harm in having it solidified by the most influential person in America?

Furthermore, many complain that Obama's promise of "change" is not favorable for our country, and also that no changes have been made. Obama got elected as President of the United States upon this very notion of "change" and is working towards it with this speech. The only constant is change, and leaving our country in stagnation leaves no room for growth. Youth are literally the future of our nation, and Obama is focusing on the root which change stems from by speaking to them.

Although the speech stirred some controversy, it was well-spoken and made many spectacular points. Obama inspired our youth to consider the fact that what the nation does affects each and every one of us; but more importantly, what each and every one of us does affects the nation as a whole. We should focus on what the individual can do for the country, as well as what the country can do for the individual.

In the words of Barak Obama, "Here in America, you write your own destiny. You make your own future."

Excuse me, where is the elevator?

BY KRISTIN BRITTAIN
Lions' Pride Editorc

According to the Code of Conduct Book, Saint Leo University should "provide an environment that does not discriminate against persons with disabilities." However, in my experience, that statement only holds true if you have two perfectly working legs. Unfortunately, mine don't.

Next to the staircase in Saint Francis Hall, perhaps there should be a sign detailing how to properly descend a flight of stairs using either a wheelchair or a set of crutches… a sort of "how to" guide would be perfect. It is easy to feel ostracized with a disability, and it is even easier when regular activities, such as going to class or visiting a teacher's office, is prohibited due to the location's inaccessibility. Saint Francis Hall is a perfect example; it is a three floor building that not only lacks an elevator but any sort of ramp on the east side, as well.

Not only is there a classroom located in the basement of Saint Francis Hall, but there are adjunct offices at the bottom of the staircase also. Not too long ago, *The Lions' Pride* advisor's office was located within that inaccessible realm. Good thing a student in a wheelchair never wanted to work on the newspaper. As a "leading Catholic teaching University," shouldn't Saint Leo hold itself up to its own standards? The elevators around campus are another problem. There have been several situations when the elevator in the Student Activities Building has not been working. Stopping by the Learning Resource Center has always been an inconvenience; it will go up but forget about wanting to go back down?

And let's not forget about the parking issues in the apartment area. Everyone knows there is a long row in the front of the lot with spots for handicap parking. Everyone is supposed to know those spots are for the students who actually need them. However, on more than one occasion, there have been people parked in those spots who don't have the proper license plate or decal designating them the right to park there. Because of this, I have had to find parking in the back lot, sometimes as far back as the grassy hills. It's unfortunate that people feel the need to put their laziness over those who actually benefit from those parking spots. People do not realize how lucky they are that they don't actually need those decals.

If speed plus efficiency equals productivity, wouldn't accessibility for everyone create a more cohesive and productive collegiate environment?

Strides are being made to make the university more accessible. A few years ago, one of the two paths adjoining Saint Edwards and Saint Francis halls was leveled out. A ramp now exists on the west side of Saint Francis Hall. However, as for right now, I will have to remember the next time my arthritis kicks in, to avoid going by Saint Francis to speak to a teacher or to attend class. Oh, and I will most definitely steer clear of the Learning Resource Center; otherwise, I might get stuck on the second floor for a half hour.

Saint Leo's Code of Conduct Book states that "the University recognizes its obligations under the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990," but does it really?

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Saint Leo adds professional writing as English concentration

BY LINDSAY RENNER
Lions' Pride Staff Writer

At long last, Saint Leo students hoping to enter into the fields of publishing, editing, and journalism now have an avenue to do so.

The English, Fine Arts, and Humanities department at Saint Leo recently made the decision to replace the creative writing concentration in the English major with professional writing.

"The new specialization lets students choose to concentrate on creative writing, journalism or applied writing- this last track covers technical writing and publishing skills," said Donald Pharr, an English professor.

Thus, all is not lost for those creative souls who want to learn to better their craft. Rather, there are now more options for those who may be strong writers overall, but not necessarily gifted in creative writing.

This new concentration will maintain the same core curriculum as both other English concentrations. Students who pursue this path will still be required to study different literary time periods, as well as participate in the Junior Oral Exam. However, students who choose to pursue this path will be able to take courses in a wide variety of areas, ranging from basic journalistic writing to formatting and editing. These classes will help those who have a desire to enter into fields other than teaching, a problem that seems to plague English majors.

The addition of this new major is well received by Saint Leo students, English majors and non-English majors alike.

Sophomore non-English major Tricia Maloney feels that this was a wise move on the part of the English department, saying "It will give students a chance to become strong technical writers, which will be good when looking for jobs." Maloney also adds, "Some people might not be the best at literature but are still strong writers, and now those people have a chance to do well."

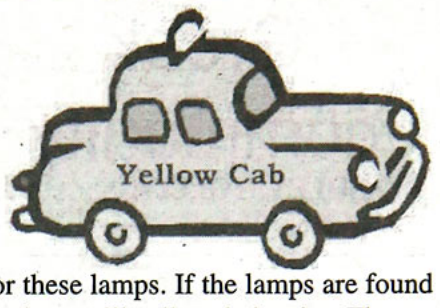
English majors seem to agree, as well.

"I think that this type of English major has been needed for a while to develop the writers at Saint Leo who don't particularly want to write a children's story or fiction novel, but have a gift of putting their thoughts into words," said Senior Chelsea Shoemaker, an English major. "I'm glad that Saint Leo continues to open new avenues to students to further their education in ways such as this new curriculum."

The addition of this program is another clear milestone of Saint Leo's continuing journey to becoming a much more comprehensive, well-rounded university. A program such as this will only open more doors, to truly help students love the person they will become here.

The 411 on CAB

BY JORDAN STEVENS
Lions' Pride Staff Writer



What do thrilling bingo nights, hidden lamps, and murder mystery dinners all have in common?

It sounds like a wild time at a retirement home, but actually they are some of the events that the students of Saint Leo look forward to most.

But, have students ever wondered who plans all these events? The members of Campus Activities Board, CAB, spend numerous hours brainstorming and planning. Vice President of Activities Jen Duffey is the driving force of CAB, along with her three CAB assistants, Cody Parks, Bethany Sierocinski, and Mike "Jersey" Castronuovo.

CAB is the programming board at Saint Leo University that programs events on and off campus for the entire student body. Duffey, with three years of experience under her belt, plans to take CAB to the next level and make this year a more exciting year for all.

CAB is now working towards an online system, where students can sign up for upcoming events on the website instead of having to physically wait in line at the CAB office. This process will make signing up for events much easier for the students. The website has already been approved and is hoping to make its debut in October.

One of the many events that CAB hosts is the Hidden Lamp Challenge. This event involves the hiding of genie lamps in unknown locations around campus, and with a list of clues, students roam the campus searching for these lamps. If the lamps are found students will collect their prize. The Hidden Lamp Challenge all started when an event fell through, which left CAB with random genie lamps all over the office. With all these extra lamps lying around, the members of CAB came up with the Hidden Lamp Challenge. It may seem tedious and simple, but many students are always searching for these lamps. The next Hidden Lamp Challenge is set to start October 5. The prize for finding a hidden lamp will be tickets to Halloween Horror Nights or Howl – O – Scream.

Events like the Hidden Lamp Challenge may only take one simple phone call to plan, but many of the other events CAB plans may take up to days, weeks, or even months to plan.

"CAB has been working on the Spring Fling Concert since May, and the only secret I can let out about the concert is that Florez, one of the bands that performed last year, will be returning," said Duffey.

CAB is also trying to get the students more involved this year. There will be a survey released, for the students to take that will allow CAB to get a better idea of the bands students want to see play at the Spring Fling Concert.

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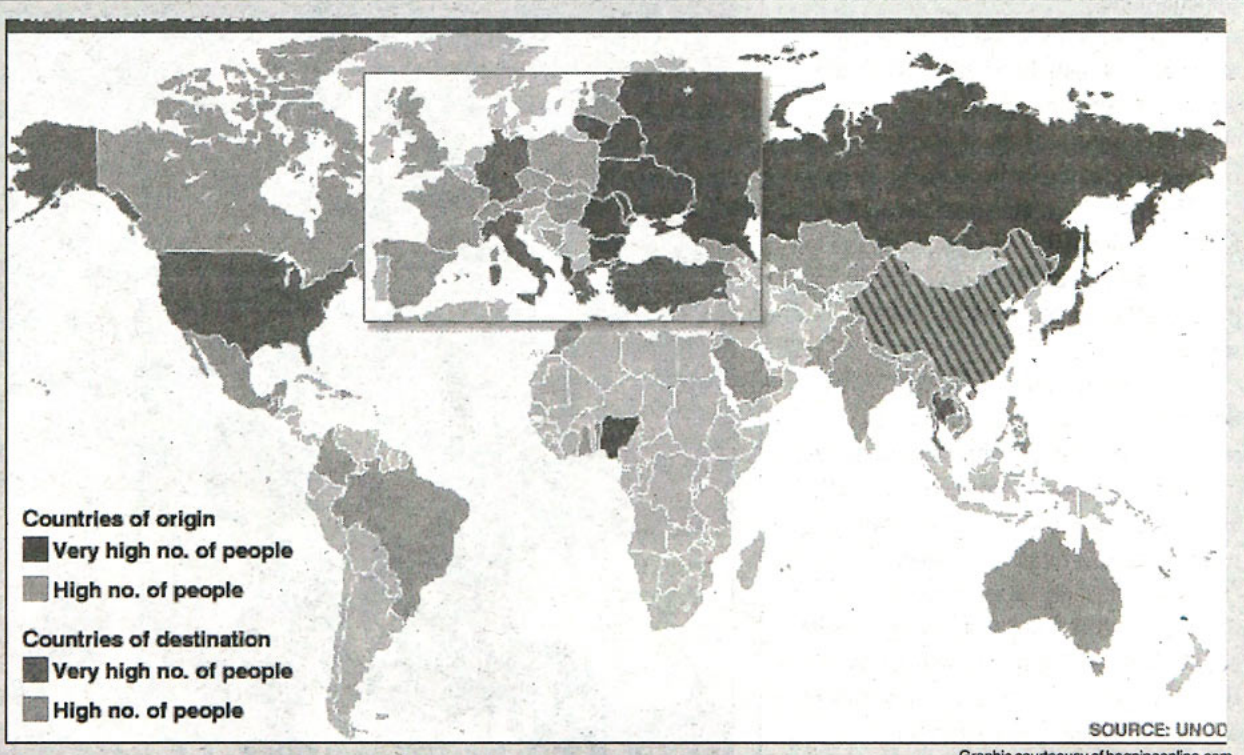
brainwashing to the point where that they feel they have nowhere else to go." After having their cell phones and IDs taken away, the women were subjected to rape, assault, and forced to work as a prostitutes. All went through violent mental, physical and sexual abuse, forced to dance and sell themselves at various nightclubs in Tampa. Cornelous, Jones, and Shaffer were arrested for operating human trafficking and a prostitution house in the local beach community of Treasure Island.

Immigrants are a major target in trafficking as 50 percent of immigrants become trafficked when they legally enter the United States. Traffickers will wait at customs, and when the immigrants arrive, ask for their passports and deceive by telling them they will provide work. Thus, a majority of victims are legal residents of the United States. However, human trafficking is a worldwide issue in which the majority of trafficked people are women and children ages 14 to 24 years old, approximately.

A staggering 27 million people are held in slavery today. Around 600,000 to 800,000 people are trafficked across international borders yearly. Over a million children are forced into the sex trade each year. Sadly, of the cases in the United States, only 1 percent is identified. Many of the victims in Florida are from China, Malaysia, Thailand, Vietnam, Guatemala, Mexico, Russia, and Brazil.

Human trafficking is a hidden crime against the individual. Theiss explained that victims rarely turn themselves in because they are lied to and lured with false promises of education and jobs. Also, many captives are threatened injury to their family and friends if they try to escape. With the story of the Guatemalan girl in the beginning, her reason for being kept in captivity was "No one would believe me; it would be better if I was in jail, then someone would know I was alive."



Graphic courteousy of bagpipeonline.com

Senior Liz Hardy commented on the presentation, "Hearing Nola's speech was incredibly inspiring. human trafficking is an issue that affects all of us, and it was great to realize that on a personal level and what I can do about it."

After providing information about this issue, Theiss addressed the audience and explained why it was necessary to get involved. Both a homeland security and human rights issue, it is morally wrong to accept the existence of slavery in the United States. Additionally, human trafficking is also connected to other crimes; therefore, if eradicated, the overall crime rate will be lowered. Once people are aware of this issue, then it cannot be ignored.

At the end of her presentation, Theiss explained how individuals can help combat human trafficking. Making the community aware of this hidden slavery is the first step. Theiss stressed, however, that it is not one's job to personally rescue victims, but to become aware that they are out there and get help. The best number to call if one suspects a victim is crime stoppers at 1-800-873-8477. Two other numbers that Theiss provided to the audience were Clearwater Sheriff's office at 727-582-6200 and FBI 24 hour emergency at 813-273-4566 if one notices any suspicious activity.

Becoming educated is also important. Theiss absolutely recommends that everyone should read the excellent book concerning human trafficking, *Half the Sky, Turning Oppression into Opportunity Worldwide* by Kristof & Wudunn in 2009, calling it "the most important book published in this century so far." Finally, let the government know this is a priority issue. Theiss suggested writing letters to the editor of a newspaper praising the government when they do something to stop these horrible crimes.

Saint Leo's Greek community

BY ASHLEY STOLLINGS
Lions' Pride Staff Writer

Fraternities and sororities are meant to enhance the true college life experience, developing leaders for the future in many aspects of life.

Fraternities and sororities are organizations of students that share common beliefs. At Saint Leo University, their Greek life upholds the universities core values, instilling them into their Greek system. integrity, responsible stewardship, personal development, respect, community, and excellence all make up the core of Saint Leo's Greek Life.

According to the Saint Leo website "the Greek system established groups, such as fraternities and sororities, formed on college campuses to promote leadership and scholarship while instilling a sense of brotherhood or sisterhood among members."

Saint Leo's Greek system is composed of seven fraternities and four sororities, seven of which are at a National chapter. The fraternities include Alpha Phi Alpha, Kappa Alpha Psi, Sigma Alpha epsilon, Tau Kappa Epsilon, Kappa Theta, and Sigma Lambda, while the sororities include Alpha Sigma Tau, Gamma Upsilon, Theta Phi Alpha and Sigma Sigma Sigma. The Greek community at Saint Leo participates in a variety of activities that help the surrounding community. These activities include fundraising for local and national charities, creating groups that help with academic achievement, leadership activities and social programs that help students unite.

In an interview, Cleana Francios, a sophomore at Saint Leo University, who is also a member of the Greek community, answers some questions regarding the mysterious life of sisterhood in a Sorority.

What is it like being a part of a Sorority? "Being a part of a Sorority is a lot of fun and it also entails a lot work, but you have to get rid of the work to have fun," she said.

What if a freshman decided to join a Sorority or a Fraternity, are there any requirements? "If a freshman is interested in rushing, she or he must have a 2.5 G.P.A and then every sorority has their own requirements," Francios explained.

Some other useful information includes that students must have 12 credits before they can begin the rushing process. If a student fills this requirement, he or she can rush in the fall under informal recruitment guidelines. If not, a student must wait until he or she has acquired those credits. Students must also be in good standings with the University.

Why did you decide to join a Sorority? "I decided to rush because I wanted to be closer with my friends. Being a part of a sorority changed my relationships. We went from being friends to a sisterhood," she said.

Students that become members of Saint Leo's Greek community are a part of more than just a Sorority or Fraternity; they become part of a family. The Greek community at Saint Leo University upholds the universities values, and hopes to enhance their members by creating successful students that may help create new leaders of tomorrow.

Hidden Treasures (Resources right under your nose)

BY JENNIFER ORTIZ
Lions' Pride Staff Writer

As the semester is well underway, it appears that many students still do not know about some helpful resources offered on campus by Saint Leo University. Because of this, many of these resources go unused.

The Learning Resource Center is a wide, open room that is painted a calm soothing yellow. Upon entering, students are greeted by two welcoming attendants. On the left hand side of the room, there are blue denim couches and coffee machines galore. The center offers a variety of snacks to feed those who possess starving minds, as well as stomachs. All of course, are free. There is pizza and pop corn to help hold students' stomachs, as well as coffee, tea, and hot chocolate to keep the sleep-deprived students awake.

Located on the second floor of the Student Activities Building, the Center has seen their share of frazzled students.

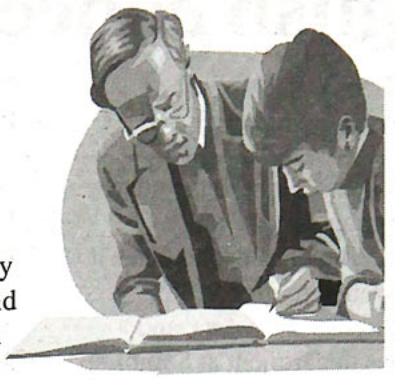
"We always see a huge spike in appointments before tests and exams," said Patrick Romanoski, a criminal justice major, who offers some advice to students. "Don't wait last minute to see a tutor. Get help when you realize you need it."

Help is offered on a whole array of subjects, varying from English and mathematics, to criminal justice and accounting and finances. Appointments with the tutors, both professional and student, and can be made by calling the center, or by visiting the welcome desk. Walk in's are accepted, but those with appointments made ahead of time are given top priority.

The tutors encourage any students who find themselves struggling to pay the LRC a visit.

"It's a non-threatening environment," said Jane Hughes, a professional tutor for biology and chemistry. "There are no stupid questions, you can ask anything."

Another incentive to visit the LRC is the computer lab. Perhaps a student's laptop decides to be temperamental and crashes right before that big paper is due. Or, maybe a printer suddenly runs out of



ink when it is needed the most. Jet on over to the LRC. They have a lab full of 25 computers, all of which possess internet connection and Microsoft Office. There is also unlimited, free printing. Although the quantity is unlimited, the LRC asks you to be mindful of the rainforests and practice responsible stewardship—one of the core values at Saint Leo University.

The center has convenient operating hours: open from Monday through Thursday from 7:30a.m. till 10 p.m. On Friday the hours are from 7:30a.m. till 5 p.m. Although the LRC is closed on Saturdays, it re-opens on Sundays from 5 p.m. to 10 p.m.

Greek Life: Jimmy Buffet Luau

A group picture of Alpha Sigma Tau and Sigma Alpha Epsilon during luau event

BY ASHLEY STOLLINGS
Lions' Pride Staff Writer

A luau is a place to relax, kick back and enjoy refreshing tropical drinks after a hard day at school or work. This was what many students attending Saint Leo University did last Friday, September 17. The Jimmy Buffet Luau, hosted by Alpha Sigma Tau and Sigma Alpha Epsilon, was held by the cool, sparkling Lake Jovita. The luau included easy-going music, refreshments, and an atmosphere filled with fun and laughter. The event proved to be a big success for both of the organizations.

Tales from down under

BY JORDAN COATES
Lions' Pride Staff Writer

Hey again readers. Last time I left off I was going to explain the start of my study abroad travel, which is my least favorite part of my experience so far.

After departing from Washington, DC, I was supposed to have flown directly to LA; however, there was a change in route to Minnesota that I didn't even know about! The flights went smooth and for the most part were on time, which might have been nice if I hadn't had a six hour layover in LA. Make sure you bring something to do - books, activities, anything. Not only did this airport not have wireless internet, but they had only a few cafes and McDonalds to eat at. Much like every other airport, a small meal was at least ten dollars so bring some snacks along too. I had chosen to fly Delta airlines, which just recently started direct flights to Australia. The plane was really nice, although the comfy fold out beds in business class looked much more appealing for the 15 hours I had to come. I was expecting the flight to be awful, but surprisingly it wasn't bad at all. I slept some of the way and for the rest watched movies. Each seat had a personal TV with a huge variety of TV shows, music, games, and movies. This flight also puts the normal drink and bag of pretzels to shame. We were served dinner, lunch, and breakfast. As you get closer to your arrival and wake up a bit, be sure to look out the window; it was beautiful. It was also humorous as when we arrived at Sydney airport, the first thing you saw was the golden arches. When you enter immigration it looks so overwhelming, but don't panic, it really wasn't that bad. Most universities will arrange for a shuttle from the airport if you request it earlier in the week. If you're like my friend and forget that although you leave on the 20th, you get there on the 22nd, requesting airport shuttle on a day you won't actually be there unfortunately results in extra fees.

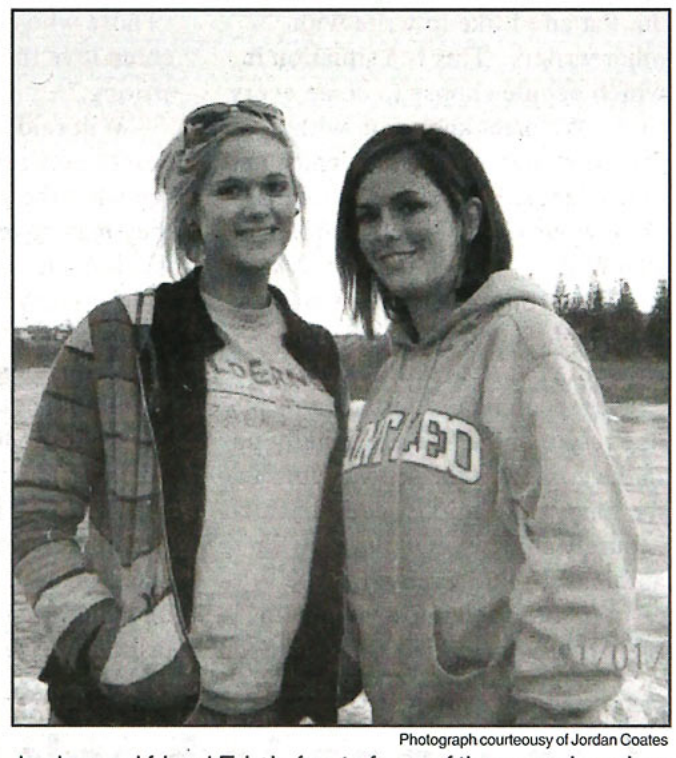
Expect to feel somewhat out of sorts, and probably confused about what day and time it is. Your body and mind are going to take time to adjust to the time difference. For Australia, we are fifteen hours ahead. That means whatever day it is in Florida, I'm already on to tomorrow. As soon as you leave the airport, it is immediate culture shock. You'd understand what I mean if you loaded onto a bus that has the driver sitting on the right side and is driving on the wrong (left) side of the road! Another thing I might add, if you ever said you hate Florida drivers, you don't know anything. Public buses here think nothing of running right over the roundabout; drivers will honk at you for almost anything, and they do not stop for pedestrians. I have had my share of close calls to being road kill.

Jordan and friend Erin in front of their apartment

Photograph courtesy of Jordan Coates

After being in Australia for only a day or two, I learned some important things quickly. While Saint Leo is like its own kind of Campus Island, I couldn't even find Macquarie campus! Public transportation is not quick and easy like in New York-you better know where you're going, when you're going, and the exact way to get there. Important: Wal-Mart's do not exist; groceries are super expensive. If you're shopping for groceries, don't disregard that extra change in the bottom of your bag; the small one and two dollar coins here can go a long way. A candy bar costs $3.00! Also, don't take heat and air conditioning for granted; my apartment here has neither and I have to sleep in sweats to stay warm. The strangest thing I learned, however, was that while being in Australia, there were next to no Australians. That's all for now, but next time I'll let you know where I finally found the Aussie's hiding spots. Cheers!

Lingo:
Bus-coach
Fair dinkum-true
McDonalds-Maccas



Photograph courtesy of Jordan Coates

Jordan and friend Erin in front of one of the many beaches in Australia

The truth about tuna: Is too much unhealthy?

BY JESSICA PALL
Lions' Pride Sports Editor

I absolutely love eating tuna and consume it almost every day for lunch. A lot of friends agree and eat it frequently also. Sophomore Allison Cary confirms saying, "Tuna is delicious." Thus, it came as a complete surprise when at the sandwich bar in the cafeteria one day, a worker making my sandwich told me that it was not healthy to eat so much of this particular fish. This started me thinking as I previously thought eating tuna was a beneficial choice. Sitting in class later that day, the topic of tuna came up, and I asked Junior Brittney Currie if she knew anything about the tuna issue. Brittney was just as surprised as I was, stating that she purchased a tuna Fish sandwich at the local San Ann Market every Monday after class. So, with everyone eating a lot of it, whats the deal with the tuna?

According to Environmental Defense Fund scientist Tim Fitzgerald, eating a significant amount of tuna is unhealthy due to mercury levels found in the fish. The risk of continual mercury intake is that it will build up in the body and result in health problems ranging from birth defects to cancer.

On the market, there are two main kinds of canned tuna, canned light (chunk light) and canned Albacore Tuna (solid/chunk white). The Albacore Tuna is a larger, more predatory species of tuna; thus, it accumulates more mercury. Most canned light tuna however is made with Skipjack Tuna, which has approximately one-third the mercury levels.

According to The U.S. Environmental Protection Agency, the risk of developing problems from mercury is higher for women and young children. Thus, the agency gave the following guidelines for tuna consumers. First, an individual should only eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury. Five fish recommended are shrimp, canned light tuna, salmon, Pollock, and catfish. Secondly, because Albacore Tuna has a higher level of mercury, it is recommended that only 6 ounces (1 meal) should be eaten per week.

Thus, the worker at the sandwich bar was right; too much tuna is bad for you! Another healthy alternative for canned fish lovers, however, is salmon. In fact, canned salmon is low in contaminants and high in heart-healthy omega 3s, making it an additional excellent option for tuna consumers who will be bummed after learning about the mercury situation. Still too scared to each fish? Everyone knows eating foods in moderation is beneficial; however, one can also receive the same health benefits by taking fish oil capsules, which comes mercury free and additionally promotes circulatory heart health.

Arts & Entertainment

A runaway for writers in the Saint Leo area

BY CASEY MCKENNA
Lions' Pride Entertainment Editor

If you love to divulge your creativity in the form of writing, and are looking for a place other than the library to let your visions free, you are in luck! Dr. Patrick Crerand and Dr. Kurt Wilt of Saint Leo University's English Department have established a group for the purpose of bringing writers together, to share their work and experience the ideas of others.

"The Abbreviated Writers Group of Wesley Chapel is our official name" said Crerand. "AWGOWC if you're into acronyms, though it's a tough one to say phonetically" he added, with humor. When asked where the name came from he said, "It's one of those amazingly unique names that can only come to a person in a very bland dream." The group was started last February "and it's been thriving ever since," said Crerand.

"Honestly, it was a good thing to do. Pat and I like to write with other writers. This is a situation in which people choose to come every time. We meet and write with former students, former friends, and new friends. Barnes and Noble is an obvious site for such a circle," said Wilt.

The group meets at the Barnes and Noble in the Wiregrass shopping plaza in Wesley Chapel, Fl. the second and fourth Thursdays of every month. "We are usually up in the corner on the second floor in the Eastern Religions section, which is purely coincidental, but nice for ambiance," said Crerand.

Wilt has seen improvement in the writer's pieces but said "many were already accomplished writers" He mentioned that he and Crerand "feel that some are writing at a graduate level." However, the group is not made up primarily of college aged students.

"Our group runs the gamut of age groups, but I must say the prized demographic of 18-26 year olds that television shoots for isn't well represented in our group. We have a few current and former students from SLU who have come. We had a few students from Florida Southern and one or two from USF as well. The rest are from a variety of backgrounds and life experiences. Everyone is very open to younger voices. Let's face it, "poet" is not exactly high on the list of occupations for many college students, but that's the beauty of it. It shouldn't be a job, but a way of seeing the world," Crerand stated.

"Most students are busy, and the circle is 20 minutes away. The atmosphere is markedly different from the classroom" said Dr. Wilt. "Those who come and continue to come love the art and mystery of writing."

Wilt said that students from Saint Leo University are invited to see what the group has to offer if they may have any curiosity about writing. "It is fun. If this weren't fun for us, we would not stay involved. Our writing has improved. We share anonymously, so we usually do not know to whose work we are responding. This is nice. Freeing. The participants are sophisticated readers. We benefit from the response of skilled writers and readers, as well as the authors on whom we model our writing tasks," said Wilt.

Some of the books that the group uses to enhance their own work are: *Sailing Alone Around the Room* and *The Great American Prose Poems* edited by David Lehman. From these books, the writers follow assignments each week, which in turn "dictates thematic content" and "a specific form," said Crerand.

"We focus only on short pieces: short poems, flash fiction (under 300 words), flash creative non-fiction , prose poems. Not that long pieces aren't good to write, but if you want to go long, we're not your group. The reasoning is simply that it's a real grab bag of who will come on a regular basis, other than Kurt Wilt and myself. So if you have someone trying to bring in a text as short as even three pages, it takes up a great deal of time since we read everything out loud. If ten people brought four or five pages a piece, then we'd never get done. Novel chapters take a huge commitment of time as well as a consistent group of critics who are faithfully reading. We want work so you can read on the spot and then give a short critique of impressions, improvements, exaltations, or what have you. Typically that means one page or less. We also encourage encourage you bring 15 copies of your work so that you can pass it out," said Crerand.

If you are looking for ideas that you want to use, should you decide to attend the group's meetings, "people have written about all manner of subjects, but the usual themes rear their heads" said Crerand. "Love, death, sex, sickness, anxiety, beauty, truth, and poetry" have been some of the topics of choice, said Crerand. "Kurt Wilt is working on a series of poems about San Antonio that are great" he said. "Another guy writes about Costa Rica. Another woman writes about working in a retirement home. I'm not doing them justice by summarizing them like this, but they are all great," he said.

Anyone that is interested in being a part of the Abbreviated Writer's Group of Wesley Chapel, should know that it comes with some rules. Dr. Crerand and Wilt ask that writers do *not* put their names on their work. "This allows people greater freedom on both the writing and critiquing end, so every week the work changes," said Crerand.

Some of the challenges that the members of the group have faced have been writing a poem of one sentence and writing a Frank O'Hara style poem. Frank O'Hara "was a practitioner of a style he called "I do this, I do that" poetry, Crerand explained. "We try to keep the assignments fresh so that you're not pigeon-holed or maybe pigeon-holed just enough to get going" said Crerand. He and Wilt encourage people to bring in new work. "What's the point of bringing in a poem that's hermetically sealed in plastic?" Crerand asked. There are "no grades or pressure, so I don't see the harm in trying something new," he said.

To take a peak at what the group is doing, and to try a few exercises readers can check out the group's blog at www.awgowc.blogspot.com.

The Boss is back in Tampa!

BY MARY F. CHUHINKO
Lions' Pride Staff Writer

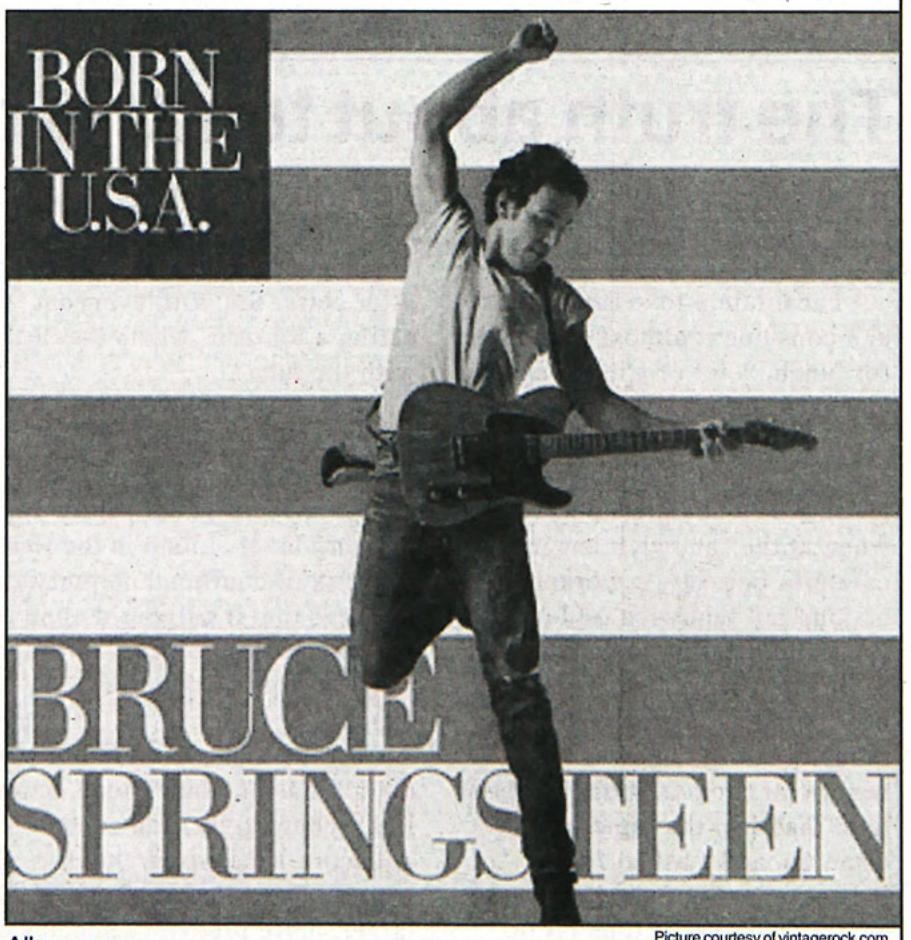
Bruce Springsteen performed his greatest hits for his fans at the Ford Amphitheatre on September 12. The last time the Boss was in Tampa was for the Super Bowl last year. The crowd was packed and ready to go; every seat in the house was taken. The concert opened a half hour late to the crowd cheering, "BRUUUCE!!!"

Bruce Springsteen has still got it after all these years. The 59- year-old rock star will be celebrating his 60th birthday on the September 23, but he was still as energetic as ever, belting out his greatest hits.

He joked with the crowd and brought many people on stage with him. He gave his guitar pick to a young boy, gave hugs to adorning fans, and sponged off one excited woman in the crowd. The Boss was at ease as he did guitar tricks during the performance. He took many requests, playing them without flaw.

Springsteen was born in Long Branch, New Jersey and was inspired to take up music after he saw Elvis Presley in "Toast of the Town" (1948); he was seven. At the age of 13, he bought his first guitar, which sent him back $18. In 1972, along with "The E Street Band," then known as his "New Jersey Colleagues," he signed a record deal with Columbia Records and released his debut album, "Greetings from Asbury Park, N.J."

After entertaining the Ford Amphitheatre for three hours, Springsteen thanked the crowd and The E Street Band, and left the stage. Yet, the crowd was not going to let him away that easily. After a few minutes of cheering, the band came back on stage for an encore, playing the song, "Thunder Road."



Album cover

Picture courtesy of vintagerock.com

Tyler Perry's *"I CAN DO BAD ALL BY MYSELF"* is another hit

BY SUMIRA SALIM
Lion's Pride Staff Writer

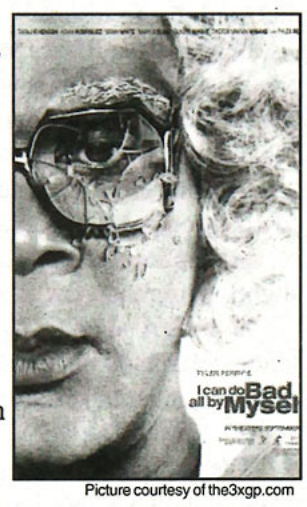
Based on his play with the same name, it is his most touching movie so far. Perry combines his known comedy with drama. He takes a dark issue that is dealt with around the world and shed a bit of light on it.

The movie is based on a sixteen year old girl, Jennifer, trying to raise her two brothers, while coping with the death of their drug addicted mother. She does everything she can to insure their health and well being. Their last hope to stay together is their aunt, who is a singer on a self destructive path. She doesn't do right by anyone but herself due to her lack of self motivation.

Though this film was different from Perry's usual comedic scripts, most viewers still enjoyed the film.

"It's different from Perry's usual hilarious comedies, but it still was amazing," said Freshman Leonora Nicome.

"I love Tyler Perry's movies, but this one was particularly touching. If I wasn't crying my eyes out, I was laughing hysterically," Freshman said Mariah Brana.



Picture courtesy of the3xgp.com

"I *CAN DO BAD ALL BY MESELF*" deals with many symbols such as love, beliefs, strength and trust, which are the basic ingredients for yet another amazing Tyler Perry film. Each one of his films appeals not only to women or men but to both. No one can resist laughing at the ridiculous comments made by Grandpa Joe or Medea's crazy approach to every situation. However, the movie may not be a male's first choice for comedy due to the emotional sentiments that come along with it, but it is a movie almost every woman would enjoy. But, don't take my word for how good the movie is, go out and see it for yourself.

Jennifer's Body film review

BY MARY F. CHUHINKO
Lions' Pride Staff Writer

Photograph courtesy of reelmovienews.com

Jennifer's Body is the second film Academy Award winning writer, Diablo Cody has written since the award winning Juno (2007). The film was released in theaters September 18.

Jennifer's Body is a smart dark comedy about popular, squad star, Jennifer Check (Megan Fox) and her best friend, Needy Lesnicky (Amanda Seyfried) who live in the small town of Devil's Kettle. The two friends go to a bar where Jennifer wants to "hook up" with the lead singer of an up-in-coming indie band. After a freak accident, everything in quiet Devil's Kettle is turned up-side-down as Jennifer becomes possessed. Will her best friend Needy be able to save her?

We know what you're thinking - girl gets possessed by demon - real original, right? Though this film's idea has been done to death, no pu intended, the way Diablo Cody presents this material is truly unique and enjoyable.

It must be said, I was a bit nervous for Ms. Cody when the film started. It seemed very similar to Juno, the voice-over, even the way some of the characters' word choices were eerily similar. Yet, the movie kept truckin' and kept getting better and better. Writing this film was a smart choice for Diablo Cody, proving that she can extend her talents further than just off-beat humor.

You might spot a few familiar faces from Juno as you watch the film. Juno's father, actor J.K. Simmons, has a role in the film as a science teacher and Juno's classmate, Su-Chin; actress Valerie Tian plays a student. It was funny to see the familiar faces among the crowd.

Dream Interpretation: Secrets of the Subconscious Mind

BY CHERALYN BARRINGTON
Lions' Pride Staff Writer

"The interpretation of dreams is the royal road to knowledge of the unconscious activities of the mind," said the renowned psychologist Sigmund Freud.

Freud thought that with the proper interpretation of dreams, the unconscious fears and desires that people possess would become uncovered. He believed that everybody has repressed thoughts, impulses, and urges that must find some way to be released. These thoughts are pushed into the subconscious part of the brain, and eventually break out through dreams.

There are many types of dreams, covering a limitless amount of subject matter. Some dreams are sweet and syrupy, and leave the dreamer wishing it were reality; other dreams are horrifying and suspenseful, drenching the dreamer in a cold sweat. Some dreams have natural settings and seem like reality, while others are downright bizarre and do not seem to make much sense. What are Saint Leo University students dreaming about?

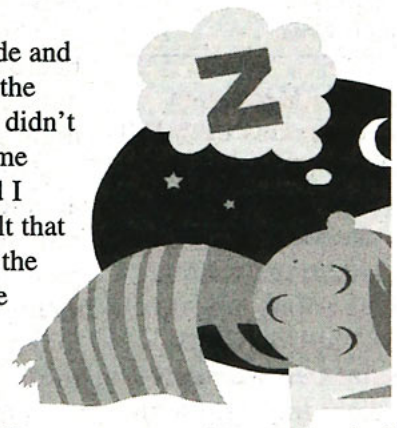
"There were a bunch of people following me around and we were going up an escalator outside. The escalator just kept on going up, and looked like it was literally going into outer space. At the top of the escalator this guy was throwing everyone off into space and I knew it seemed wrong but I just kept going up. I looked around because I thought it was cool that I could see into space and then the man threw me off the escalator too," recalls Junior Robert Hartough.

People often have recurring dreams, which means that there is something important contained in the sub-conscious that needs to be brought to the surface.

Sophomore Kimberly Bills talked about a recurring dream she had. "I remember this one dream that I used to have all the time. You know those dreams where you're running from something? Well I was racing against a bunch of ravens trying to catch me before I got to this vortex that I was supposed to open to a different world to rescue someone or something. I don't remember what I was trying to save, but I remember that my fate depended on my getting through this vortex before they caught me. When I got to the vortex, I was supposed to do something to open it, but of course I didn't know what. Turns out all I had to do was focus. The dormant door started to shimmer with an eerie black and blue glow, something like a black light. Every time this happened and the door started to open, I would wake up."

In another instance...

"I was on stage in a stadium filled with screaming people writing Beatles songs on a piece of paper. I picked songs I wanted to sing and as I approached John Lennon and Paul McCartney, I started to forget the lyrics. I decided to sing using my memory and by listening to The Beatles. I stood with Paul to my left and John to my right. I felt like I was the center of the show and they were there to help me, despite my lack of experience. From the body language of Paul, I felt a sense of gratitude and friendship as I was improvising the song that he knew so well. Paul didn't look at me but John glanced at me whenever I made a mistake and I sensed that he doubted me. I felt that he had a deep understanding of the structure of the song and that he thought I could do better. Paul had this understanding but did not seem to take it as seriously as John," said Sophomore Carson Holton.



Although dreams harbor weird, wacky, and sometimes wonderful ideas that do not seem to mean anything, every dream has a purpose and can be analyzed.

According to Freud, "Nothing you do occurs by chance; every thought and action is motivated by your subconscious on some level."

Here are some dream interpretations for common dreams that people have.

Falling: To dream of falling signifies feelings of anxiety, insecurity, or a loss of control. When someone dreams that they are falling, it usually means that something is happening in their life that they feel they are unable to control. When falling, there is nothing left to hold on to and no way of finding stability. Metaphorically, this feeling can also describe how one feels in reality.

Being chased: Dreaming about being chased stems from emotional turmoil in real life. Running is a natural instinct when faced with physical harm, and when interpreted from "dream world" into real life, it means that the dreamer is escaping from a persistent problem and not facing it head on, but "running" away from it instead. The figure that is doing the chasing can also represent an emotion inside oneself that is being repressed, such as love, envy, or anger.

Teeth: Dreaming about teeth, whether they fall out, chip, or rot, is very common. There are many different interpretations of what teeth dreams mean. Dreaming that teeth chip or fall out can signify some kind of physical, emotional, or situational change in waking life. This can be symbolic of the end of one phase in life, and the beginning of another. Teeth falling out or rotting can also represent insecurity about physical appearance, and not feeling adequate enough.

Flying: To dream about flying can have two opposite meanings based upon the context of the dream. If the flight is easy and enjoyable, this can mean that the dreamer is feeling in control of their life, or has risen above something. However, if the flight is uneasy and it is difficult to stay in the air, it can indicate a lack of control and power. If there are things blocking the path of flight, such as trees or mountains, this can imply that there is something blocking the path toward being in control.

For more dream interpretations check out: http://www.dreammoods.com/dreamdictionary/. Happy interpreting!

Sports

Unexpected drug testing stuns student-athletes

BY MINDY PIERCE
Lions' Pride Assistant Sports Editor

It was supposed to be an hour long meeting in the student center boardroom for all student athletes. It wasn't.

Saint Leo's entire student athlete body was held by the athletic department on September 14 for more than four hours.

Fran Reidy, the director of athletics, informed the student athletes that he would not keep them past an hour, until he got to the last slide of his presentation, which brought up drug testing. Reidy then made the announcement to drug test every student athlete in the room that night. Everyone in the room was shocked, even the coaches were not told of this beforehand.

The student athletes were held on the second floor of the student community center and were not allowed to leave until they submitted their drug test. There were two lines, one for the men, and one for the women, with two people administering the test for more than 300 athletes. Some athletes did not get to leave until past midnight. Many had assignments due online that night, and for sports like men's and women's cross country, there was a morning practice at 6:30 a.m.

The drug test only tested street drugs and not PED (performance enhancing drugs). Out of 301 drug tests submitted, 26 were sent for a more comprehensive review. The drug testing results came back at under 10 percent positive. While this drug test only checked for street drugs, Reidy has made it known that in the future they will be checking for PEDs and maybe alcohol, but have not disclosed that information at this time.

Some athletes, however, feel differently about the specific drugs that were being tested.

Senior Anna Riss, a women's golf player, stated, "I think it would have been better to test for performance enhancing drugs instead of street drugs! Enhancers are what matter in competition,not marijuana!!

Sophomore Allison Cary takes a slightly different point of view.

"I think it's good to start off the school year knowing that no one has an unfair advantage starting off the athletic season."

The Athletic Department has not made it known what they are going to do exactly for those athletes who failed the drug test. The message at the meeting was to be "ALL IN or OUT."

An e-mail written by Reidy addressed to student athletes, said, "For those who have a problem and really want help, we will assist you in every way possible. For those who are not committed and don't really want to conform to the rules of the team and department, we will divorce you and do it quite callously."

While some student athletes in the past at SLU could go through all four years of college without getting drug tested, this is not going to be the case now or in the future. The Athletic Department has made sure of that.

Saint Leo soccer drops double header at home

BY JACOB STOUT
Lion's Pride Sports Writer

The Saint Leo Men's and Women's Soccer teams each fell at home on Wednesday September 23. In the first game of the night, the Men's team lost a close one, 1-0, to the visiting Flagler College Saints in front of a crowd of 381 at University Field. The Saint Leo Women's team rounded out the night with a valiant effort but came out on the losing end of a 3-2 game with the Rollins College Tars.

On a hot, humid day in Saint Leo, Florida, the Men's soccer team was not able to find the back of the net. After giving up an early goal, the Lions proceeded to pressure the Flagler defense but put few shots on goal. Conor Kileen of the Saints provided all the scoring of the night on an assist by Mack Hough in the 5th minute of the game. Saint Leo dominated the night on paper but, after 90 minutes of soccer, walked away in defeat. The chances came throughout the night for the Lions including seven corner kicks and 23 shots. Of those 23 shots though, only three of them were put on goal and the Saints' GK, Matt Gilman saved all of them. Junior midfielder, Jonathan Glenn and sophomore defender Ruud Van Der Sar led all players with five shots each. However, only Van Der Sar and freshman midfielder Jason Manaras were able to test the keeper.

The second half saw a few yellow cards given to the Saints and Saint Leo tried to get on the board. In the 60th minute Manaras gave Gilman his first work of the night which the keeper handled easily. The Lions failed to get another shot on goal until the 83rd minute when Van Der Sar recorded his first shot on goal and again tried to equalize in the 87th minute, when Gilman made his third and final save of the night.

Flagler totaled six shots, three of which were on goal. The Saints also had one corner kick and 21 fouls to the Lions 16 fouls. Flagler was also caught offside five times to Saint Leo's two times.

Once the sun had gone down, the Saint Leo Women's soccer team took the field against conference foe, Rollins College. Lion's sophomore forward, Jasmine Johnson got the scoring started in the 16th minute with her second goal of the season. Another sophomore forward, Pia Soesemann, along with junior forward, Chrissy Darwell, assisted on the play. Each gathered their second assist of the season on the play.

A mere minute later, the visiting Tars became level with a header from Rachel Jakubowski. A foul by Saint Leo allowed Chelsea Brady to cross the ball into the box from a free kick in a dangerous position. A leaping Jakubowski headed the ball just inside the near post past a diving Lion's keeper, Christina Coca. That concluded the scoring for the first half and Rollins had controlled the game so far. The Tars attempted seven shots to the Lions two and had four corner kicks to the Lions one in the first 45 minutes.

13 minutes into the second half, senior forward, Hannah Beard's third goal of the season put Saint Leo on top 2-1. Sophomore defender Aija Bent-Trinder collected her first assist of the season on the goal for the Lions.

The Tars again tied the game in the 65th minute on an unassisted goal by Elise Spearing. Another goal in the 73rd minute put Rollins in the lead for good. Chelsea Brady's second assist of the game, finished by a Charlotte Murrell header, made it 3-2. Saint Leo tried to find another goal but could only manage the one shot in the second half.

A disappointing performance saw the Rollins Tars outshoot the Lions 15-3 over the 90 minutes. They also won more corner kicks, nine, to Saint Leo's three. Leah Hirsch of the Tars led the way with four shots.

The men's team dropped to 3-3 overall, while the Saint Leo women's team fell to 2-1-1 on the year.

SENIOR SPOTLIGHT

Tanja Redmond - Women's Cross Country

Tanja Redmond Photograph courtesy of facebook

BY JESSICA PALL
Lions' Pride Sports Editor

Tanja Redmond from Orlando, FL is majoring in International Business with a career goal of becoming a wedding planner.

Redmond earned MVP in both Track and Cross Country during her high school career at Eden Jr - Sr High School.

Although this is Redmond's first season with Saint Leo's Cross Country team, she has made a big impact and had a successful season so far.

The first meet of the season was the Early Bird Classic held at UT where Redmond broke 23 minutes with a 5k time of 22:55. Her latest meet was at the Gator Invite on September 18, where Redmond clocked in with a time of 21:53.

Redmond holds the top 6 fastest SLU Women's Cross Country all time 5k performances with a time of 21:25 which she earned at Florida Tech September 12.

The Lions' Pride wishes Tanja the best of luck with your senior season!